



Daily Somatic Reassurance Guide



A. Quick Grounding Techniques

1. Breath Awareness

- Inhale 4 counts, hold 2 counts, exhale 6 counts
- Repeat 3-5 times

2. Body Scan

- Notice sensations from head → toes
- Relax each part as you observe

3. Gentle Movement

- Shoulder rolls, wrist circles, ankle rotations
- Do slowly and mindfully

4. Touch Reassurance

- Place your hand over your heart, and gently rub
- Say silently: “**I am safe.**”

5. Mindful Pause

- Name 5 things you can see
- 4 things you can touch
- 3 things you can hear



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B. Affirmations & Reflection

Daily Affirmations:

- I am grounded in this moment
- My body is my safe home
- I can pause and breathe anytime I need

Reflection Prompts:

- How do I feel now?
- My favorite somatic exercise today was...
- Notes / Doodles

Mini Daily Reminder:

- Breathe deeply
- Affirm yourself
- Stretch gently



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Date -

Time	Body Sensation	Emotion	Action to Reassure
Morning			
Afternoon			
Evening			

Notes/Affirmation's

Words to Ground and Reassure You: Daily Affirmations for Calm & Strength

Calming & Grounding

- I am safe in this moment
- My body is my home, and I honor it
- I release tension with every exhale
- I am present, here and now
- Peace flows through me with each breath

Self-Compassion & Kindness

- I am gentle with myself
- I honor my feelings without judgment
- I deserve care, rest, and nourishment
- I forgive myself and grow stronger every day
- I am enough just as I am

Strength & Resilience

- I can handle whatever comes my way
- My body and mind are resilient
- I trust myself to make calm, wise choices
- Challenges are opportunities to grow
- I am grounded, steady, and strong

Mindful Awareness

- I notice my body, thoughts, and feelings with curiosity
- Each breath reconnects me to my calm center
- I release what I cannot control
- I choose to focus on what nourishes me
- I am aware, awake, and at peace

Daily Encouragement

- Today I will pause and care for myself
- I am allowed to take small, meaningful steps
- I attract peace and calm into my day
- My body knows how to relax and restore itself
- I nurture my soul with love and patience